

Free health and fitness initiative available at Hibs' Training Centre



Following on from the huge success of the Football Fans in Training programme which has helped hundreds of supporters throughout the country lose weight and develop a healthier lifestyle, the Hibernian Community Foundation are now offering a free initiative at the club Training Centre in East Mains, Ormiston.

The 'Healthy Hibeer' programme which aims to help the community get fit and be healthy starts tomorrow between 9am and 10.30.

The course will focus on improving health and fitness through physical activity, good nutrition and basic health screening.

With courses for men and women the programme offers a range of health promotion information, guidance on diet and nutrition, group based physical activity sessions and fitness challenges. Hibernian Training Centre provides the venue and the course is suitable for fans of all ages who are interested in improving fitness, managing weight and achieving personal health goals.

For 90 minutes each week, participants gain access to support and advice to begin their own personal journey to better health.

For more information visit the website at www.hibernianinthecommunity.org.uk and to register for courses contact Phil Ord at 0131 661 2159 or by email at POrd@hibernianinthecommunity.org.uk.